

CHAPTER I

INTRODUCTION

1.1. Background of the Research

Emotion is an essential aspect of human life because it influences how individuals perceive, interpret, and respond to various experiences. Emotions affect thoughts, behaviors, decision-making processes, and interpersonal relationships. Through emotional responses, individuals evaluate situations, understand their surroundings, and determine appropriate reactions to the challenges they encounter. As a result, emotions play a significant role in shaping both psychological well-being and social interactions.

One emotional experience that frequently affects individuals is emotional pain. Emotional pain refers to psychological distress arising from experiences such as rejection, humiliation, interpersonal conflict, loss, betrayal, and unmet expectations. Unlike physical pain, emotional pain affects an individual's psychological state and may influence self-perception, emotional stability, and relationships with others. Emotional pain often emerges when an individual experiences threats to self-worth, belongingness, or emotional security. Consequently, emotional pain may lead to various psychological responses, including sadness, self-doubt, emotional withdrawal, and difficulties in maintaining interpersonal relationships.

The experience of emotional pain can originate from different aspects of life, including family relationships, friendships, romantic relationships, social interactions, and professional environments. In many cases, emotional pain extends beyond temporary emotional discomfort and may influence an individual's long-term psychological well-being. Therefore, understanding how individuals experience and respond to emotional pain is important for examining the psychological consequences of emotional distress.

One theoretical perspective that explains how individuals manage emotional experiences is Gross's Process Model of Emotion Regulation. Gross (2008: 497) explains emotion regulation as the processes through which individuals influence the emotions they have, when they have them, and how they experience and express those emotions. According to Gross (2008: 498-500), individuals employ various emotion regulation strategies to modify emotional experiences and responses. These strategies may help individuals manage distressing emotions; however, certain forms of emotional suppression may also contribute to prolonged psychological difficulties when emotional experiences remain unresolved.

The representation of emotional pain has become a recurring subject in literary works because literature frequently reflects complex human experiences and psychological struggles. Through literary narratives, authors often portray how individuals experience emotional distress, cope with interpersonal conflicts, and attempt to regulate their emotional responses. As a result, literary works provide

valuable insights into the psychological dimensions of human behavior and emotional experiences.

One literary work that presents the issue of emotional pain is Alice Munro's short story *Amundsen* (2012). The story follows Vivien Hyde, a young teacher who accepts a position at a remote tuberculosis sanatorium. During her stay at the sanatorium, she develops a relationship with Dr. Fox, a physician whose behavior significantly influences her emotional condition. Through a series of interactions with Dr. Fox, Vivien experiences humiliation, disappointment, uncertainty, and emotional rejection. These experiences gradually affect her perception of herself and her understanding of interpersonal relationships.

What makes Vivien Hyde's emotional experience significant is that her emotional pain is not portrayed as the result of a single traumatic event. Instead, it develops gradually through unequal interpersonal interactions, emotional suppression, failed intimacy, and emotional rejection. Throughout the narrative, Vivien attempts to understand and manage her emotional responses while facing disappointment and emotional uncertainty. Her tendency to suppress her feelings and rationalize Dr. Fox's behavior further intensifies her emotional distress. Consequently, the story represents emotional pain as an ongoing psychological process rather than a momentary emotional reaction. Therefore, this study seeks to examine the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde in Alice Munro's *Amundsen* by applying Gross's Process Model of Emotion Regulation. Through this analysis, the study aims not only to identify the

emotional pain represented in the narrative but also to explain how the character regulates, suppresses, and manages emotional distress throughout the story. Furthermore, this study demonstrates how literary narratives can represent emotional pain as a gradual psychological process shaped by interpersonal interactions, emotional rejection, emotional suppression, and relational distance. By combining the analysis of emotional pain and emotion regulation, this research provides a deeper understanding of how emotional experiences influence both interpersonal relationships and psychological well-being in literary works.

1.2. Research Questions

1. What are the symptoms of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?
2. What are the causes of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?
3. What are the effects of emotional pain of the main character, Vivien Hyde, in Alice Munro's "*Amundsen*"?

1.3. Purpose of the Research

1. To analyze the symptoms of emotional pain of the main character, Vivien Hyde, in Alice Munro's '*Amundsen*'.
2. To analyze the causes of emotional pain of the main character, Vivien Hyde, in Alice Munro's '*Amundsen*'.

3. To analyze the effects of emotional pain of the main character, Vivien Hyde, in Alice Munro's *'Amundsen'*.

1.4. Previous Studies

The writer has reviewed several previous studies related to emotional and psychological distress in literary works. These studies provide valuable insights into the representation of psychological experiences in literature and help establish the position of the present research within existing scholarship.

The first group of studies focuses on trauma and its psychological consequences. Kellermann (2020), in "Witnessing Trauma in Hanya Yanagihara's *A Little Life*," examines the repetition of traumatic experiences and their long-term effects on the psychological well-being of the main character through trauma theory and narrative ethics. Similarly, Mauck (2016), in "The Tragedy of Septimus Smith: Woolf's Recreation of Shell Shock in *Mrs Dalloway*," analyzes the representation of shell shock and psychological trauma through modernist narrative analysis and psychiatric contextualization. Jaeger et al. (2014), in "Trauma Narratives: It's What You Say, Not How You Say It," investigate the relationship between trauma narratives and psychological consequences such as guilt and dissociation. Leys (2000), in "Trauma: A Genealogy," discusses the historical development of trauma theory and its influence on narrative representation, while Brown (1995), in "Not Outside the Range: One Feminist Perspective on Psychic Trauma," examines trauma through a feminist perspective, emphasizing humiliation, betrayal, and

relational suffering. Wyatt (1993), in "Giving Body to the Word: The Maternal Symbolic in Toni Morrison's *Beloved*," explores embodied trauma and memory fragmentation through psychoanalytic literary theory. Collectively, these studies focus on trauma as a major source of psychological distress and examine its effects on literary characters.

The second group of studies discusses shame and humiliation as significant emotional experiences. Walker and Harbus (2020), in "Metaphors of Shame in George Eliot's *Middlemarch*," analyze the representation of shame and humiliation through conceptual metaphor theory and cognitive stylistics. Likewise, Adamson (2009), in "Emotional Rescue: Shame and the Depressive Posture in George Eliot," investigates the formation of shame and depressive emotional responses through Tomkins's theory of shame and psychoanalytic script theory. These studies demonstrate how shame and humiliation influence emotional experiences, interpersonal relationships, and character development.

The third group of studies focuses on psychological disorders and emotional instability experienced by literary characters. Hunt and Carter (2012), in "Seeing through *The Bell Jar*: Investigating Linguistic Patterns of Psychological Disorder," analyze the linguistic representation of psychological disorders through corpus stylistics and narrative medicine. Their study examines how language patterns within the narrative reflect the psychological condition of the main character and contribute to the representation of mental distress. This study highlights the relationship between literary language and psychological experiences, particularly

in portraying emotional instability and psychological suffering. Overall, this group of studies explores the representation of psychological disturbances and their impact on literary characters.

Although previous studies have extensively examined trauma, shame, humiliation, identity crises, psychological disorders, and other forms of emotional suffering in literary works, relatively little attention has been paid to emotional pain as a regulated psychological process. Most of these studies focus on the causes, representations, and consequences of psychological distress, whereas the ways literary characters interpret, manage, suppress, and regulate emotional experiences remain less explored. To address this gap, the present study applies Gross's Process Model of Emotion Regulation to examine emotional pain experienced by Vivien Hyde in Alice Munro's *Amundsen*. Unlike previous studies that primarily analyze emotional suffering as trauma, shame, or psychological disturbance, this research investigates emotional pain as a gradual psychological process that is shaped by interpersonal interactions, regulated through emotional strategies, and reflected in the character's emotional responses, relationships, and psychological condition. By combining the study of emotional pain with the perspective of emotion regulation, this research offers a different approach to understanding psychological experiences in literary works.

1.5. Research Method

1.5.1. Psychology of Literature Approach

Based on the background of the study, which examines the psychological experiences represented in Alice Munro's *Amundsen*, the writer applies a psychology of literature approach. According to Wellek and Warren (1956), psychology of literature is an approach that explores the relationship between literature and psychology, including the psychological aspects of authors, literary characters, and readers. Through this approach, literary texts can be analyzed as representations of human thoughts, emotions, behaviors, and psychological experiences. In this study, the psychology of literature approach is employed to analyze the emotional pain experienced by the main character, Vivien Hyde. To support the analysis, the writer applies Gross's Process Model of Emotion Regulation as the theoretical framework for interpreting how the character responds to and manages emotional distress throughout the narrative.

1.5.2. Method of Collecting Data

This study employs library research as the method of data collection. According to Creswell and Creswell (2018), qualitative research involves collecting and analyzing textual data from various sources to understand and interpret human experiences and social phenomena. Through library research, the writer gathers relevant information from literary texts, books, scholarly journals, previous studies, and other academic sources to support the analysis.

The data used in this study consist of primary and secondary data. The primary data are obtained from Alice Munro's short story *Amundsen*, which serves as the main source of analysis. The secondary data consist of books, journal articles, previous studies, and other academic sources related to psychology of literature, emotional pain, and Gross's Process Model of Emotion Regulation. These sources are used to support and strengthen the analysis of the study. The collected data are then examined and interpreted to identify the symptoms, causes, and effects of emotional pain experienced by Vivien Hyde in the narrative.

1.5.3. Method of Analyzing Data

The data were analyzed using a qualitative descriptive method. First, the writer conducted a close reading of Alice Munro's *Amundsen* to identify passages, dialogue, and narrative descriptions that reflect Vivien Hyde's emotional experiences. Second, the identified data were classified into three analytical categories: symptoms, causes, and effects of emotional pain. These categories function as operational classifications for organizing the findings and are not derived directly from Gross's Process Model of Emotion Regulation. Third, the categorized data were analyzed to determine how emotional pain is represented through the character's experiences and psychological condition. Fourth, Gross's Process Model of Emotion Regulation was applied to interpret Vivien Hyde's emotional responses and regulation strategies. Although Gross proposes five emotion regulation strategies, this study focuses on cognitive change and response modulation because these strategies are the most prominently represented in Vivien Hyde's thoughts, interpretations, and behavioral responses throughout the narrative. Finally, the findings

were interpreted to explain how the narrative represents emotional pain, emotional regulation, emotional suppression, and their psychological consequences throughout the story.

1.6. Scope of the Research

The scope of this research is limited to the analysis of intrinsic elements and the psychological aspects presented in Alice Munro's short story Amundsen. The intrinsic analysis focuses on character, characterization, and setting, while the psychological analysis examines the symptoms, causes, and effects of emotional pain experienced by the main character, Vivien Hyde, through the application of Gross's Process Model of Emotion Regulation.